UNITY DAILY WORD

Revealing to You
Your Health, Prosperity, and
Happiness

January, 1929

"Gems of the Kingdom"
(Vision; Reality)

"How to Have a Year of
Happiness"

"Reborn Each Morn at Dawn"

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A Page of Inspiration for Each Day

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy ave., Kansas City, Mo.

HAPPY EVERY DAY

Some folks wait and wait and wait
  Just to feast and celebrate,
On one day to look for cheer,
  On the first day of the year.

If it's good to be so glad
  And resolve ne'er to be sad,
Let's resolve to have good health
  Also, with success and wealth.

Every day, then, let's be gay
  Just the same as New Year's day;
Let us try to be alive
  On three hundred sixty-five.

A NEW START

I will start anew this morning with a higher,
fairer creed;

I will cease to stand complaining of my ruthless
neighbor's greed;

I will cease to sit repining while my duty's call
is clear;

I will waste no moment whining, and my heart
shall know no fear.

I will look sometimes about me for the things
that merit praise;

I will search for hidden beauties that elude the
grumbler's gaze.

I will try to find contentment in the paths that I
must tread;

I will cease to have resentment when another
moves ahead.

I will not be swayed by envy when my rival's
strength is shown;

I will not deny his merit, but I'll strive to prove
my own;

I will try to see the beauty spread before me,
rain or shine;

I will cease to preach your duty, and be more
concerned with mine.

—*Selected.*

HOW TO HAVE A YEAR OF HAPPINESS

The way to assure ourselves that we shall have 365 days filled with peace and joy.

THE SECRET of finding how to be happy lies in getting the right viewpoint toward life. Many persons are unhappy because they look at life from the wrong angle. They think of themselves as privileged to be unhappy, when as sons of God they have no right to be unhappy or to make the lives of others unhappy.

Have you ever realized that you should take the stand of being happy because, in Truth, there is nothing else for you to do? Dear friend, you should be so happy that the old argument of being unhappy could not possibly touch you. Think of the son of God giving persons or external things any power to make him downcast! Can you, the son of God, ever again admit that you are unhappy? Not happy, and the son of God? What would it take to make you happy if your divine sonship will not do it?

Of course, you can go through the somewhat tedious process of denying unhappiness and affirming happiness in its place. But, if you once grasp the truth that you are the son of God and rejoice in the happiness of this truth, you will not need to deny little unhappinesses the rest of your life or treat yourself to be happy. Will not this realization assure you of happiness now and for the rest of eternity?

As the son of God you are far above the petty annoyances which otherwise would seem to make you unhappy. You, as a prince of the

realm of heavenly things, cannot stoop to be annoyed by things earthly.

As the son of God, knowing the Truth of the great within and of your oneness with the Father, you cannot be affected by things of the outer world. If you give anxious thought to things of the world you show that you are not secure in your knowledge that God is within you and that you are one with Him.

As the son of God, you are not inferior in rank to any other person in the world. You and all others belong to the celestial order to which only the sons of God belong, or, let us say, to which those who know themselves to be the sons of God belong.

Knowing the truth about your divine sonship, you should be so happy that you radiate happiness to the very ends of the earth. Do you not have health, prosperity, and every other conceivable blessing right at hand? Even if some blessing does not appear, as a son of God you know how to bring it into manifestation.

If you grasp the mighty truth that we are revealing to you at this moment, can you not keep it uppermost in mind for the next hour, yes, for the next twenty-four hours? Can you not keep the realization clear for 365 days? Time is nothing in the sight of Spirit. If your realization is high and noble, it will not pass away with fleeting time. Time will seem to stand still and your realization of happiness will continue to grow and expand.

Live in a world in which only supreme happiness can be found, a world in which personality and personal limitations cannot exist, a world in which you know that personal limitations and claims have ceased to be. Live in a world in which there is only God—God in you, God in all other men, God in all things. Only God everywhere! If there seems to be about things or persons that which is ungodlike, unlike God, know that it has no place in your world, the world of happiness, the world of God.

What an assurance this realization will bring you! Your heart will sing its song of happiness 365 days a year. The year 1929 will be filled with new joys, new ideas, new life, new happinesses.

Your spirit of happiness will draw to you many joys—the joys of harmony, of health, and of prosperity! Every joy to which man is heir will become your joy. You will find happiness and good cheer on every hand. Every person whom you meet will contribute his share of joy to your life. You will share joy with him and you will become happier through doing so.

Go forth this day in the realization of your divine sonship, too exalted to be debased by mortal thought or mortal things, too high in consciousness to think any but the high and noble thoughts of God. Resting in this consciousness you will radiate the joys of heaven, the blessings of God, the happiness of spiritual realization. You will have found yourself and you will be supremely happy.

GEMS OF THE KINGDOM

LILLIAN DEWATERS

VISION

INSIGHT, discernment, correct vision, is the light that shineth in darkness, seeing only the radiance of Reality.

There is nothing needed to emancipate man except insight, insight to see Truth as Truth is.

With spiritual vision time, space, distance, birth, duration, death, cause, creation, effect, sickness, sin, and change are all set aside—swallowed up, blotted out, remembered no longer in that great vision of the allness of Truth.

The putting on of the new man, the transformation of a mortal into an immortal, is the INSIGHT, the perception, that the children of God are *the same* as God.

All that is needed to cause trouble to vanish from the body as the face does from the mirror is to have the insight to behold the nothingness of that which is nothing.

If we want to be endowed with power from on high, then we must *look* on high for it.

What have we gained if we have not gained the vision that "*looking up*" seeth the Jesus Christ Self only—the Self with face shining as the sun and raiment white as the light; the Self that transcends all human conditions; the Self that rises from the dead and ascends unto heaven.

Look unto Me calls for vision away from the

human to the divine, away from the mental to the spiritual, away from earth to heaven.

Walking with feet upon the pavements, one pauses not to view the streets of gold even as close to him. Looking athrill at the stars above, one considers not the greater Light as within himself. Looking to friends, gone and beyond the sight, one forgets that the presence is as close at hand, the form as near.

To gain a broader outlook, to realize a fuller joy, to bring a greater peace, *we must raise our vision.*

Insight looks into, looks through, looks beyond, and is the flash of light that knows, is the blaze of Intelligence that announces, *It* is! It arrives laborlessly.

Insight, illumination, discernment, sweep into the mind piercing it, as though tearing off a veil, as though removing a blur, delivering the vision of the perfect universe *at hand.*

Our great need is to *practice* our vision, to *practice* our understanding.

When man sees as God sees, he is safe. This is the secret place of the Most High.

Light the mind with this vision and follow its light—the vision of unspoilable Health, the vision of unkillable Life, the vision of revealed Perfection.

High recognition brings one into light, and, automatically, he is lighted.

Place your vision on the Power that is changeless, constant, fixed—the Power that is *back* of the eyes, ears, lungs, and feet.

We see the One-Life, the One-Christ, the One-manifestation on all sides of us. Only such visions and such thoughts as uplift us, eternally bless us.

Let us get the view of the Perfect One so fixed in our hearts that we can look upon the sick, and lo, the dark phantasms of disease vanish under the glow of our blazing light.

Looking away from graves and tombstones, away from the end of the world, away from strife and war, away from evil, we see as God sees—we judge as God judges. What is the judgment of the I AM? *"And God saw everything that He had made, and Behold, it was very good."*

The vision of the Perfect beholds no evil. It sees Itself and Its Manifestation as the all and only.

We fix our vision on the IS-ness state of Life —the omnipresence of changeless harmony. We look away from appearance toward Reality and see it as though it were visibly before us.

Jesus *lifted up His eyes* (vision) and said: "Father, I thank thee that thou heardest me."

"Behold, I stand at the door and knock." "Lift up your heads . . . and the King of Glory will come in."

Looking toward the finished Kingdom, we recognize that all problems have been forever solved, and thus we find the needed solution transcending or breaking forth for us. Look up, "for your redemption draweth nigh."

"Behold, I freely give
The living water; thirsty one,
Look up! and drink, and live!"

Oh, let us keep our vision up, up to the Highest. Let us look up, lift up our eyes—our inner vision—to peerless Truth! Let us be still —Listen—Watch—and Behold!

REALITY

Truth is all there is, and that which seems to be and is not Truth, is nothing.

That which is, IS, and that which is not, is not.

All that is perfect without beginning or end, all that is complete and finished without birth or death, all that is indivisible, that is reality and purity, is Truth.

You have power over your thoughts by virtue of your being. Such power is inherent in you. Power is not in thought, but power is in You.

Because we are immortal, we have a perfect, harmonious, and immortal body.

Goodness, joy, praise, harmony, peace, belong to Reality. They are one with Truth, without beginning or end; they are inherent in being—in *your* being. Health, sinlessness, peace, glory, are qualities of Soul, of Intelligence, Self, and thus are self-existent realities.

The fact of Life is that God is *all* there is, that there is but *one* Presence, *one* Power, *one* Substance, *one* Life, *one* Being.

The understanding of the one Being enables

us to lay hold upon Reality, which is at hand, untouched by any dream about it.

Let us think we are good because we ARE good! Let us think we are well because we ARE well. Let us think we are wealthy and prosperous because we ARE wealthy and prosperous! Let us think we are birthless and deathless because we ARE birthless and deathless! Let us think there is only the One because there IS only the One!

Eternal man is never in a mortal world, never in a world of illusion, but is always at the standpoint of understanding, always knowing the allness of Truth and the nothingness of a so-called material or dream world, and always experiencing that understanding.

There is a health, a body, a world that transcends one's highest ideas and imaginations. Lo, this health, this body, this world is prepared, is at hand, shining, white, transparent.

We behold that the above body is within us. The *above* body is the spiritual body, the birthless and deathless body; the body that is never touched by pain, nor harmed by accidents, nor devoured by lions, nor bitten by serpents.

Lo, the body of this Kingdom is greater than fire, for fire cannot burn it; it is greater than water, for water cannot drown it; it is greater than prison bars, for prison bars cannot hold it; it is greater than sickness, for sickness is unknown to it. It is greater than death, for death never reaches it.

JUST WHERE I'M PASSING

JEANETTE LAWRENCE

Just where I'm passing, there must be
Life's greatest victories for me.
Just where I'm passing, I must find
The finest souls in humankind.
Just where I'm passing there must lie
The richest beauties 'neath the sky.
Just where I'm passing, let me see
How wondrous love and joy can be.

The path of life does not retrace;
Let me not miss one smiling face.
Just where I'm passing, so increase
Deep joy of living, inner peace,
That down the onward winding way
Where daisies, lilies, roses sway
In memory's garden, I'll not miss
E'en one small smile or tender kiss.

Just where I'm passing, there shall be
Sweet beauty, love, and peace for me.
It is His path marked out to tread;
Around me all life's wonders spread.
Just where I'm passing, let me leave
A word of cheer for those who grieve
That, passing on, some one may say,
"I'm glad that he once passed my way."

TUESDAY, JANUARY 1

Today's All-powerful Word: *Giving up all belief in age and crystallized conditions, I enter into the newness of a new life here and now.*

IN ORDER to enjoy the new year, a person should first clear from his consciousness all old and crystallized ideas. He should give up all old and limited beliefs about himself. He should no longer think of others as bound by limitation. He should free friends and relatives from all limited beliefs that he has entertained about them.

In the new consciousness he will awaken to a strange newness. He will feel that he has emerged out of limitation and that he has been reborn into a new world, one in which he knows himself and all life as enjoying the newness of God.

In this consciousness he will find that he has new ideas about life. His mind will be freshened and regenerated. New ideas will cause his mind to become renewed and strengthened.

In the consciousness of newness he will find that his body will be made new. Old cells will give way to new ones. Beliefs in disease and weakness will give place to a realization of health and strength. He will find himself emerging into a new world.

Behold, I make all things new.—*Rev. 21:5.*

WEDNESDAY, JANUARY 2

Today's All-powerful Word: ***Through disciplining my thought, I enter into mastery of the Christ Mind.***

BY MASTERING our thoughts we become masters over all that is within our world. Right thought (righteous thought) has power to make us rulers over every situation. Through right thinking we enter spiritual consciousness and therein receive kingly power.

The greatest mastery is mastery over self. Solomon said, "He that ruleth his spirit, [is better] than he that taketh a city." Such mastery gives us mastery over all else. The person who is master over himself is master over everything of his world.

Jesus became master because of His consciousness of the powerful Christ mind. This mind is the individual's contact with God. Jesus knew how to relate Himself to the Father through the Christ mind or God mind. We assume the same mastery as Christ did when we, too, enter into the high consciousness in which dwell the thoughts of God.

The student of Truth discovers the right thoughts to think in order to think heavenward, and these thoughts rule his conscious thinking.

Ideas rule life; the ruler rules ideas.—*Unity calendar for January.*

Today's All-powerful Word: ***My heart is cleared of all heaviness and I am filled with joy and light-heartedness.***

REMOVE THE belief that things can oppress or depress you and you will remove a sense of heaviness from your heart. If you have allowed persons or things of the external world to affect you, it will be necessary for you to remove from consciousness all belief that these persons or things have affected or can affect your joy.

Because the heart is the seat of affection and emotions, it is easily affected by a deep-seated feeling about things of the outer world. Some persons do not carry their troubles on their backs; they seem to carry them upon their hearts.

What freedom comes to a person when he realizes that external things cannot affect his inner joy! What light-heartedness is his when he has learned that he must not carry in his heart the trials and weighty problems of the world!

Joy bubbles from the inner springs of the heart made free to be the channel for the outpouring of joy and gladness.

Thou hast put gladness in my heart.—*Psalms 4:7.*

FRIDAY, JANUARY 4

Today's All-powerful Word: *In the consciousness of my oneness with the peace of God, I am at peace with myself, with all persons and all things.*

WE FIND peace manifest in the world when we have found the peace of the inner life. The peace of Christ expresses itself as peaceful relationship with all persons and all things. The quietness of Christ within establishes itself as peace and quiet in the world about us.

If we would be at peace with ourselves, we must first discover the deep, spiritual peace that is at the very center of our being. We must become so at peace with Christ within that nothing in our lives can cause us to be disturbed.

Would you like to have a peaceful attitude toward the friends and associates you meet day by day? Then be at peace with yourself. Discover the inner peace that is unaffected by things of the outer world. Find the peace that is so profound that nothing in the outer can invade or destroy it.

Peaceful environment will be found through your having found peace within yourself.

When a man's ways please Jehovah,
He maketh even his enemies to be at peace with him.

—*Prov. 16:7.*

Today's All-powerful Word: ***I am free from all belief in the power of evil, because I abide in the power and reality of omnipotent good.***

LET US liberate ourselves from all belief that evil in any form can have power over us. The belief that evil as sin, disease, or lack can affect us must be removed from consciousness. If we are to be governed solely by good we cannot entertain the slightest belief that evil in any guise can exist in our lives or can affect us adversely.

When belief in evil makes the strongest appeal to you to accept it as real and as fastened upon you, that is the time for you to make the strongest effort in Christ to free yourself from that belief through the consciousness of Truth. Just remember that the more conspicuous evil, sin, or disease would appear to be, the more certain is evil's nothingness in the great world of omnipotent good.

If we think of God, the good, as all in all, if we think of God as ruling our minds, our bodies, and our lives completely, if we know the Truth, we shall not be affected by any belief in anything opposite to God.

But whoso hearkeneth unto me shall dwell securely, And shall be quiet without fear of evil.

—*Prov. 1:33.*

Today's All-powerful Word: ***I am inseparably related to the Father of all life, the source of all good, the fountain of strength and of health in the very midst of me.***

WHEN WE think of God as Father, what does He represent to us? He is the author and source of our life, strength, and health. He is the power unseen, but recognized, to whom we turn when in need of more life and health. We look to Him for comfort and for joy. When things of the external no longer interest us, how refreshing it is to turn to God at the very center of our being!

God, our Father, is not far from us, neither is He separated from us. We should not look for Him in the far away or in the far above. He is at the very heart of us; from Him we have unfolded and evolved.

We should not think of ourselves as coming from fleshly parentage but, rather, as coming from God, the Father of all life and existence. As our Father He wills all good for us. Our inheritance from Him is peace and health.

God, our Father, is ever within and about us. When in need, we have but to turn to Him in order to be supplied with all that we desire.

One God and Father of all, who is over all, and through all, and in all.—*Eph. 4:6.*

Today's All-powerful Word: *I have no desire to deal unjustly with others. Divine justice working through me deals justly with all persons.*

AS WE progress in Truth, we must give up all tendency to deal unjustly with others. We must set ourselves free from all temptation and all desire to be lawmakers for others or to cause them to conform to that which we think is best for them.

We need to understand that we have no right to attempt to deal unjustly with our fellows. In the divine scheme of life there is no provision which justifies man in meting out injustice to others. God only is the supreme Judge. To Him we must look for justice both for others and for ourselves.

Instead of dealing unjustly with others, how much better it is to declare divine justice for them and to see this justice at work in them and in their affairs.

Knowing the truth, how can we ever be unjust in our dealings? Knowing our oneness with the very justice of God, we rejoice to have others realize the truth and be at one with divine justice.

Who art thou that judgest thy neighbor?—*James 4:12.*

Today's All-powerful Word: ***All adverse appearances and conditions in my life are dissolved, and I behold the presence of God manifesting in all my affairs.***

ADVERSE conditions may seem very real to us at times, but we know that in Truth these have no reality or presence, since God is all in all. The appearance of sin, disease, or death is simply the objectification of false belief, belief set up in opposition to Truth.

The appearance of the negative is proof that the positive in thought is not prevalent. If sin and evil appear, good has not been recognized as omnipresent. If we keep Truth uppermost in our minds, only good can appear. If we know the truth about health and strength, then disease and weakness will not be objectified on our bodies.

The appearance of adversity is changed when the thought back of it is changed. Negative conditions are transformed through transforming the thought. To remove the appearance of evil, we need to cease believing in evil as having power or place. We bring about this change through believing entirely in God.

Seeing that these things are thus all to be dissolved, what manner of persons ought ye to be in all holy living and godliness?—*II Pet. 3:11.*

Today's All-powerful Word: ***My spiritual vision is opened through Truth, and my physical sight is cleared and strengthened.***

WHEN THE inner vision is clarified and man perceives the Truth, he also notices that his physical vision improves. Able to see the deeper things of life through spiritual consciousness, he is also able to perceive more clearly through physical vision. His physical eyes are cleared of foggy conditions as mental fog lifts from his mind.

When the deeper mysteries of life are revealed to us, we naturally say, "O, I see!" The eyes of Spirit, the inner vision, the eyes of understanding, are opened for us, and we know and behold the deeper truths of God. We perceive the higher truths of life, and we see right through the fogs of misconception, ignorance, and superstition.

Would you see more clearly? Then study the Truth of life and let your inner eyes be opened to behold your perfect vision. Let your eyes behold the perfection of the ideal world, the world of Truth.

Look, ye blind, that ye may see.—*Isa. 42:18.*

Today's All-powerful Word: *I go forth this day unafraid because I am firmly established in the courageous fearlessness of my indwelling Christ.*

PERSONS and things will not have power to make us fear them when we have removed belief in fear from our consciousness. Fear cannot be expressed in us when there is no thought of fear in our minds.

Many a little child in the presence of wild beasts has been unharmed simply because there was no fear in his consciousness to antagonize them. Lack of fear could not arouse fear and anger in the animals. So, if we have no fear we shall find that persons in the external world are not afraid of us. They will not try to protect or advance themselves through vicious (fearful) actions.

When a person attains the consciousness of fearlessness he finds that there is nothing in all the world to make him afraid. He is not afraid of any person or any thing. He is not afraid of lack of finances or of the future. Old fears leave him and he begins to enjoy life. He lives in the freedom of divine courage.

At destruction and dearth thou shalt laugh:
Neither shalt thou be afraid of the beasts of the earth.

—*Job 5:22.*

FRIDAY, JANUARY 11

Today's All-powerful Word: ***I live in constant prayer, steadfastly realizing that my every righteous desire is bountifully fulfilled.***

IN TRUTH we no longer think of prayer as we formerly viewed it. At one time we thought of prayer as a method of beseeching and begging God. We were not sure that our prayers would be answered, because we had no assurance that God would grant us an answer.

Now we think of prayer as spiritual realization. We enter the high consciousness of Truth, and in this consciousness we behold our prayers already answered. The answer to our prayers depends entirely upon ourselves and upon our ability to realize the truth that God is constantly giving us of Himself and of His many blessings.

Living in constant prayer is an ideal state wherein we realize that God's blessings do not come to us intermittently or spasmodically, but freely and constantly. Our doubt and adverse thought alone can limit the flow of blessings to us. Making ourselves open to receive in larger measure always causes greater blessings to come to us.

All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them. —*Mark 11:24.*

SATURDAY, JANUARY 12

Today's All-powerful Word: ***I behold in God, the Truth, my own likeness to Him.***

IN TRUTH we behold ourselves as we exist in God. We see ourselves not as diseased or imperfect, but as created in His likeness. As students of Christian metaphysics, we are taught to lift our vision from seeing limitation and to behold the perfect vision of God and man, eternally unified in Truth.

In Truth we have power to see ourselves unfettered by old beliefs and limitations of the past. We see ourselves as whole and perfect, restored to the divine perfection in which we have always existed as sons of God.

In God we perceive that ideal state of man, that perfect state of heavenliness, in which we have always felt that we rightfully belonged. We behold ourselves as we are in reality, in Truth, in divine loveliness.

Lifting our vision to Godliness, we lift our minds and our hearts to God and we see therein our ideals made real. We behold the fulfillment of every righteous desire. We see ourselves as glorified in the splendor that is God's and ours.

As for me, I will behold thy face in righteousness: I shall be satisfied, when I awake, with thy likeness.—*Psalms 17:15 (A. V.).*

REBORN EACH MO

In all this world of keen delight, the newe
  Is a new day. Somehow, I think, a bran
And always fresh and always full of spark
  It makes me feel eternal youth, and that

It seems that God decks out the day in gol
  And that He watches His new day come
And that He looks to see no blight of yest
  Of New Day's splendor, my day's glory

One time I dreamed I was a Day, a bright
  And that no yesterday could blight my
And that He watches tenderly that I shoul
  And be reborn each morn at dawn, and

CH MORN AT DAWN

the newest thing I've ever seen
k, a brand new day is always green
l of sparkling joy and bubbling mirth.
and that each morn I have rebirth.

ay in golden shimm'ring robes of light,
lay come o'er the hill to scatter night,
t of yesterday can spoil the sight
y's glory, God's new day so fresh and bright.

a bright and fresh new day just born,
ight my bright and shining, happy morn;
nt I should keep my vision keen,
wn, and keep my life both fresh and clean.

Today's All-powerful Word: ***I am free from all belief in the reality of sin because I abide in the consciousness that, in God, only the good is true.***

WHAT DO we mean, in metaphysics, when we say "there is no sin"? We mean that in absolute Truth there are no negatives, no sin, no evil. Sin exists for the person who is in the consciousness of sin. Not knowing the truth, he "misses the mark." He is like the school boy who, unable to apply the principle of mathematics, makes mistakes in his calculations. His mistakes do not exist as far as the principle is concerned. No one could say truthfully that there is any principle involved in making mistakes in mathematics.

The person who sins must be quick to let go the belief in sinning in order to remove sin from his world. He must lay hold of the principle of Christ, which puts an end to sin. John defined sin as lawlessness (I John 3:4). Where sin is found, we find ignorance of the law of Christ or failure to apply that law. We find lack of the higher knowledge that in Truth sin has no existence, since God is all in all.

Remember that only God and what emanates from God are true.

Whatsoever is not of faith is sin.—*Rom. 14:23.*

Today's All-powerful Word: ***I give up all anxiety because I live in the care free assurance that all is well.***

IN ORDER that we may live a care free life, it is necessary for us to give up every anxious thought. Anxiety causes a person to be negative to his highest good. While he is in a state of anxiety he cannot be positive to good.

There are persons who are anxious about the future. They fear that circumstances will be such as will keep their highest good from manifesting. They fear that situations will come about which will bring disaster. They seem unable confidently to trust God and to rest in the peaceful assurance that all is well.

Anxiety about finances causes many persons to be restless. Their remedy is knowledge of the truth about finances; also reliance upon such knowledge and faith in it. When we know the truth about our relation to the riches of God and faithfully trust in this understanding, we shall be free from all fear of finances.

Even the simple declaration, "All is well," seems to fill us with assurance. Spoken from spiritual consciousness, this declaration is filled with the assurance of God Himself.

Be not therefore anxious for the morrow.—*Matt. 6:34.*

Today's All-powerful Word: ***The very presence of God fills my body with health and holiness, and I am radiant with perfect health.***

AS CHRISTIAN metaphysicians, we do not think of the body as a habitation of disease and weakness, but as a temple of perfect health, the very temple of the living God. This viewpoint gives us a different outlook upon the subject of health, and removes from consciousness the old ideas which tended to make disease a reality.

If we are to cease thinking of the body as something diseased, we must cease thinking thoughts which will bind the body to diseased conditions. We must get away from the negative and adverse thoughts which have been outpictured upon the body and which have seemed to convince us that disease is real.

Looking upon the body as the temple of God, our living God, we see it as healthy, alive, and splendid. Thinking of God's temple as radiant with light, divinely pure, gloriously splendid, we rejoice to know that infinite beauty and bountiful life fill our bodies, His temples.

Know ye not that your body is a temple of the Holy Spirit which is in you, which ye have from God? . . . glorify God therefore in your body.—*I Cor. 6:19, 20.*

WEDNESDAY, JANUARY 16

Today's All-powerful Word: ***Through praising God and the good that I have, I cause my blessings to increase in marvelous abundance.***

PRAISE has power to cause our good to increase and to multiply. We see evidence of the power of praise on every hand. The person who praises his good is always sure to find it increasing in bountiful measure.

We should give thanks for every evidence of the goodness of God. We should be ready to praise every manifestation of good that comes into our lives. By praising that which we have, we cause it to flourish. Praise is like the gentle rain and the glorious sunshine.

Be ready when some new blessing comes to you to greet it with a praiseful heart. You will soon find that two or three blessings come to take the place of a previous one. Remember that blessings always like company. They are companionable. They do not like to live alone.

Praise the small amount of health that you do have and you soon will find that you have a great deal of health. There will be room for naught but health.

Make known among the peoples his doings.
Sing unto him, sing praises unto him.

—*Psalms 105:1, 2.*

Today's All-powerful Word: ***The love of God fills my heart and expresses itself through me to all living things.***

THE NATURE of love is such that it refuses to be latent; love must be expressed in order to be itself. When another loves us we need not have his assurance or his own testimony of the fact. We instinctively feel his love.

If we think of love as free from all personal limitations and consider it as the very tenderness of God seeking to be expressed through us, we free our love from any thought of personality. We then can love all persons with the great, universal love of God.

The little child quite often is very Godlike in his love. He sheds his love upon one and all. Even the person who otherwise is unloved shares in his tenderness and compassion.

Resolve some morning to be loving toward every one whom you meet. If you are to express the love of Christ, you must be willing to share your love with every one else, regardless of past prejudices or former feelings. But you say, "What if an old enemy should appear?" Let the love of Christ show you what to do.

My little children, let us not love in word, neither with the tongue; but in deed and truth.
—I John 3:18.

Today's All-powerful Word: ***Through the Christ consciousness I am saved from all adversity. Christ, the Truth, is my savior.***

THE KNOWLEDGE of Christ, the Truth, saves us from evil, sin, and adversity. Jesus came proclaiming the Truth that sets free. Through inspiring men to the consciousness of Truth, He set them free from ignorance, superstition, and fear.

Christ is ever near to the metaphysician because it is He to whom the metaphysician looks for salvation. The seeker after Truth looks to Christ for deliverance from sickness, weakness, and death. He knows that in the Christ Truth he has salvation from every human adversity.

The metaphysician is directed to God through Christ; he is directed to the principle of life through an understanding of Truth. He must enter the Christ consciousness of God in order to be unified with God.

How are all Christians saved? Through Christ. Through an understanding of the salvation coming through Christ, the Truth, they are saved from all the adversities which ignorance of Truth entails.

Thou shalt call his name JESUS; for it is he that shall save his people from their sins.—*Matt. 1:21.*

Today's All-powerful Word: ***The light of faith reveals the light of life to me.***

This statement is the Silent Unity illumination Word to be used from January 20 to February 19.

MAN'S FAITH, his religious philosophy, should illumine his consciousness so brightly that his whole life will be illumined. In fact, if this does not happen, we are inclined to doubt that he has found the true philosophy of life.

Somehow, even the person who has not been awakened to Truth instinctively and intuitively feels that there is within him that which eventually will be illumined by the sacred spark of divine enlightenment. Men who plunge along and stumble in darkness feel that they have latent possibilities for higher things. This hunger, desire, or longing for light eventually causes the light to shine upon them.

When man is illumined by the light of Spirit within, his ways without are illumined and made easy. The person who is spiritually illumined cannot walk in darkness.

Faith causes a person to walk with sureness of step. He goes ahead knowing that his feet are directed into paths which lead to peace and success.

When his lamp shined upon my head,
And by his light I walked through darkness.
—*Job 29:3.*

Today's All-powerful Word: ***I have faith in the constructive power of the Holy Spirit that is now restoring and rebuilding my body.***

This statement is the Silent Unity healing word to be used from January 20 to February 19.

FAITH IN the constructive, restoring, and rebuilding power of the Spirit within us places us in contact with that power. The thought substance that has been given to believing in disease and in physical disintegration is changed to faith in spiritual upbuilding: reconstruction takes place in both the mental and the physical life.

The invalid who can be quickened to sufficient faith in healing to drop all faith in disease soon finds himself on the road to recovery. He no longer battles against himself. He is not hoping to get well while still believing in the power of disease to delay or defeat his purpose.

Faith gives us a tenacious hold upon spiritual forces. Faith keeps us from believing in negative conditions and preserves us in health and in strength.

Give some time each day to contemplating the renewing, constructive work of Spirit within. Know that second by second this work is taking place and that you are becoming regenerated and renewed. Realize that Spirit constantly is reconstructing its temple.

Jehovah preserveth the faithful.—*Psalms 31:23.*

MONDAY, JANUARY 21

Today's All-powerful Word: ***I have faith in the substance of God working in and through me to increase and to make manifest my prosperity.***

This statement is the Silent Unity prosperity word to be used from January 20 to February 19.

WHEN OUR faith works upon spiritual substance we cause this substance to appear. It comes from the invisible into the visible. It comes into tangible manifestation in the form in which it can be put to use most efficiently.

A person should always think of his prosperity as the appearance of God's substance. He should discipline his thought so that he recognizes every evidence of prosperity as coming from God.

Faith in prosperity causes prosperity to increase and to multiply. As our faith increases so does our supply; upon counting our blessings we find more of them to count.

Every one has in his world some evidence of prosperity; no one is totally without good fortune. If the person who doubts that he has prosperity would be thankful for the blessings that he possesses, he would soon have many other things for which he could be happy and thankful.

Jehovah thy God will bless thee in all thine increase.—*Deut. 16:15.*

TUESDAY, JANUARY 22

Today's All-powerful Word: *I give up all belief in personal weakness in order to lay hold of the all-powerful strength of God within me.*

PHYSICAL weakness is but the externalization or manifestation of belief in weakness. The person who displays weakness shows that he believes more in weakness than he does in the truth of his inherent strength in God.

In order to rid ourselves of any physical weakness we must rid ourselves of any belief that weakness is ours. We must cease to think that weakness, in any form, can be related to us or be a reality in our lives. We must give up all belief that would decrease our faith in our inherent strength.

God at the very heart of our being is our all-sustaining strength. In God we have abundant strength. In Him we are related to the power which makes us strong at all times and under all circumstances.

Strength from God manifests itself through us as strength in mind and in body. Such a strength gives us dominion over thoughts of weakness and over physical weakness. Our bodies become strong, filled with vitality sufficient for every need.

I love thee, O Jehovah, my strength.—*Psalms 18:1.*

Today's All-powerful Word: ***Giving up all ignorance and superstition, I accept the truth of Christ—the truth of my Godlikeness.***

WHEN MAN gives up old superstitions and false beliefs that have been handed down as religious and medical philosophy, he is ready to know what the truth of being is. Through the race he has inherited beliefs which are far from Truth. He has accepted as Truth many superstitions that have kept him in ill health. He has accepted religious dogmas and doctrines that have not brought him nearer to God, but that have separated him in consciousness from the very Source of his life and being.

Truth frees man from ignorance and superstition. It frees him from false beliefs about God and about his relation to Him.

In Truth man learns that he resembles God and that he is in reality perfect through the perfection of his Father. He lays hold of a new life when he lays hold of the sacred Truth of God. In mind and body he manifests the divine characteristics of his divine parent.

Get yourselves renewed in the temper of your minds and clothe yourselves with that new and better self which has been created to resemble God in the righteousness and holiness which come from the truth.—*Eph. 4:23, 24 (Weymouth version).*

THURSDAY, JANUARY 24

Today's All-powerful Word: *I rejoice to feel the presence of ever renewing, ever regenerating youth within me, and I know that I am youthful in mind and in body.*

THE BELIEF in age, decay, or crystallization cannot remain in the consciousness in which youth is enthroned. If you would rid yourself of age, get rid of every belief that venerates or celebrates age. Rid yourself of all thought that you are moving forward to a time of age, helplessness, physical disintegration, and death. Rid yourself of all thought that you must follow in the footsteps of ancestors who have failed to make their demonstration of eternal life.

Truth gives us a consciousness of life and of youth. In Truth we find that we are eternally young, eternally alive with the youth of Spirit. We find that the race belief in age cannot affect us. We discover that there is nothing in all the universe to make us old.

In God we have bountiful youth. We are renewed and regenerated and recreated. Moment by moment we are renewed through the youth of God freely flowing within us. We are constantly being renewed through the youth-giving power of Christ. In Him, our youth is eternally secure.

Let no man despise thy youth.—*I Tim. 4:12.*

FRIDAY, JANUARY 25

Today's All-powerful Word: *There is no noise or disturbance in my world. I abide in the quietness of infinite stillness.*

IF YOU would free yourself from the disturbances of the world, turn from these and seek the inner quietness of your soul. Cease to give any attention to the noises and confusion of the outer, and direct your thought within.

If your environment is an unhappy one, if you feel that inharmony is rife in your world, seek the environment of the great within. Know that you are environed in God. Realize that in the inner stillness and quietness there is nothing to disturb the peace of your soul or the harmony of your mind.

You can change your environment through this change of thought. There are persons everywhere who have discovered this secret and who are applying it.

Quietness should be your motto and your standard. Seek the inner stillness and find therein the solution to all your problems.

Quietness will bring a new factor into your life. You will become happier and healthier. The world will take on a new aspect because you will have found the true, peaceful world back of what seemed a world of confusion.

Then are they glad because they are quiet. —*Psalms 107:30.*

SATURDAY, JANUARY 26

Today's All-powerful Word: *I do not attempt to live in the yesterdays or in the tomorrows. I live in the glorious today, the eternal now.*

THOSE WHO live in the past or in the future show that they have not gained the higher concept of time. In Truth, there is no yesterday or tomorrow. The belief in time must be redeemed from all untrue concepts about time.

In Truth, there is only the glorious today, the present moment. The present second alone exists in Truth. It alone can be worthy of the term "time," as metaphysically understood.

If a person lives in the past or in the future, he neglects to live in the eternal now. He fails to derive from present time the blessings which are rightfully his, the blessings intended for him at the present moment.

Living in the present carries many blessings with it. Those who live in this fashion find that time is no burden to them. They do not live in years or according to the clock. They live in the time of Spirit. They live in timeless time—time in which demonstrations take place instantaneously.

At the present moment we can live in joys which we have hoped for in the future.

Redeeming the time.—*Eph. 5:16.*

Today's All-powerful Word: ***This day am I conscious that I am the son of God, created in His image and likeness.***

ACTUALLY every one is created in God's image and is a son of the perfect Father. Within him are the possibilities of mastery and perfection. Why does the individual fail to manifest his divine sonship? Because he lacks the high consciousness which causes sonship to appear.

A son might be heir to a vast estate, but if he were unconscious of that fact he might go through life in want.

We become conscious of our divine sonship through meditating upon the indwelling Father and through realizing our oneness with Him. We then realize that we are not heirs of illness or of misfortune, but heirs of health and plenty.

The word "son" as used in this lesson is both masculine and feminine. It is used in the same sense as in such Biblical passages as "now are we the sons of God," where the term is used in a universal, all-inclusive sense, irrespective of sex.

To really claim God as our Father we must realize that we are His sons, heirs of His goodness.

For as many as are led by the Spirit of God, these are sons of God.—*Rom. 8:14.*

2 Today's All-powerful Word: *Christ within me is mightier than all so-called powers of the external world.*

IF WE give any thought to the power of external things or conditions, we deprive ourselves of the faith that we should place in Christ within us. So-called powers of the world belong entirely to the world and can never usurp the power of the great within.

The very power of Jehovah is at the heart of man's being. It is man's duty to know the truth that this power in reality is all the power that there is. It is the power of the great within, the power of omnipotent Jehovah.

The great within is greater than all things in the outer. Within man is the source of peace, joy, health, and prosperity. Within him is the source of light, wisdom, and understanding. None of these things can be found in the outer world.

We can find satisfaction only by turning to the great within. When things of the outer world fail to give us satisfaction, we are happy to find the peace and the satisfaction of the inner life. We rejoice to discover that the great within has for us the fulfillment of our every desire.

Jehovah is greater than all gods.—*Exod. 18:11.*

Today's All-powerful Word: ***The Spirit of light and life within me reveals to me the truth of my oneness with infinite life.***

LET US enter the high understanding in which we know with certainty that we have contact with the very Source of life within us. Let us get so still that we realize the truth of our oneness with infinite life—the very life of God—and feel the presence of infinite and abundant life.

Knowing the truth that within us we have all life helps us to realize that we cannot be separated from life for even one instant. How can we lack life when God—the source of all life—is right at the center of our being and continually gives Himself to us?

When we need to realize more life we have but to turn within, to God. The fountain of life ever is flowing in and through us. We need but to realize the Truth, to get the deep conviction of the presence of God, in order to lay hold of life eternal and abundant.

Every cell in the body feels the presence of life after a person has realized the truth about life. Every fiber becomes filled with the strength of God. Every nerve is filled with peace and life.

Understanding is a wellspring of life unto him that hath it.—*Prov. 16:22.*

Today's All-powerful Word: ***The consciousness of God's presence relieves me of all tension, and I relax and rest in peace.***

RELAXATION comes when a person gives up all tense thinking—all thoughts of negation and of adversity. The thoughts which produce tenseness must give way to thoughts of rest and quiet. Thoughts about personal striving must give way to the realization of man's place in the heavenly kingdom of rest and peace.

You will find that the thoughts which cause you to be tense are not thoughts arising in spiritual consciousness. From the mind of God emanate only those thoughts which are peaceful and harmonious, relaxing and restful.

To rest in the presence of God will bring you peace and repose. You will relax from all personal effort. You will know that the presence of God causes you to give up all tension and makes you content to be at peace and relaxed.

If you are tired and tense at any time, drop the cares that seem to make you ill at ease and know that you rest in the loving arms of the Master. You will come to the realization that His arms support you and encompass you.

They rest in their beds, each one that walketh in his uprightness.—*Isa. 57:2.*

Today's All-powerful Word: ***I do not look to any other place or to any other time for my happiness. I know that the kingdom of God is manifest now and here.***

WE SHOULD not think of heaven as some state which exists in some other place or which we will reach at some other time. Heaven is a harmonious state of consciousness, and we find heaven when we enter spiritual consciousness.

Is there a hell? We may think of hell as that which appears as sin, adversity, disease, or any other manifestation of evil. Hell is an inharmonious state of consciousness produced by thinking evil thoughts. Such a state exists whenever any adverse thought is put into operation. Of course, the appearance of what may be called hell disappears when the thought producing it is changed. Hell is transformed into heaven through right and righteous thought.

Are you in heaven now? Are you in the high state of consciousness in which only truth, love, and life hold sway? Is your thought cleared of every inharmonious belief? Then you exist in heaven and day by day heaven will appear to you clearer and clearer.

Heaven exists here and now. We have only to lift our eyes to behold it and to see that we are now living in the very midst of it.

The time is fulfilled, and the kingdom of God is at hand.—*Mark 1:15.*

SILENT UNITY CLASS THOUGHTS

December 20 to January 19

The Spirit of the Lord in me is a pillar of light that shines before me and makes plain my way.

The Spirit of the Lord in me is a tower of health and strength.

The Spirit of the Lord in me is a tower of prosperity and success.

"JUST WHERE YOU'RE PASSING"

A stranger in a city in California asked the question. "Where is the most beautiful part of the city?" He happened to be in the section considered the most charming and the reply was, "Just where you're passing." The incident was an inspiration for the poem by Jeanette Lawrence in this number.

"BEGINNING AGAIN"

The booklet most appropriate as a gift for the New Year's season is the Unity book, *"Beginning Again."* This booklet contains a treatment for every part of the body as well as a number of special articles which have appeared in *Unity Daily Word.* It is an ideal gift. Cover in lavender and blue, with sunrise design in gold. Price, $.35.

WHAT ARE YOU?

By IMELDA OCTAVIA SHANKLIN

What Are You?—Unity's very newest book—deserves to be read by every Truth student. If you have heard Miss Shanklin speak or if you have read one of her other books, you will have some idea of the knowledge, the enthusiasm, the power, and the inspiration which she has written into this book. *What Are You?* will be one of Unity's most popular Truth books.

The themes of this book are: "Your Identity," "You Are What You Think," "Your Consciousness," "The Real and the Fictitious," "Life Pays," "Your Objective," "Your Equipment," "Your Resource," and "Nonresistance."

What Are You? will be ready for sale on January 1. Price, in cloth binding, $1 a copy.

LESSONS IN HAPPINESS

The Happiness series of lessons, by Ruthanna Schenck, recently started in *Weekly Unity,* deals with overcoming fear, self-consciousness, self-pity, anger, hatred—in short, all those conditions that may be interfering with your happiness. The series started in *Weekly Unity* in the issue of December 22, and will run for several months. Added happiness for you, the happiness that comes from perfect peace and harmony, is to be found in a study of this course of lessons.

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The primary purpose of Unity School is embodied in Silent Unity, the prayer department of the School. Jesus Christ taught that where two or three are gathered in His name, He is in the midst of them. He also promised that what was asked in His name would be granted. Silent Unity is composed of more than ninety consecrated workers who assemble daily and hold prayers in behalf of those who ask Silent Unity for help. More than two million persons have been helped by Silent Unity. It will help you. It takes any case: financial, physical, mental, and spiritual difficulties can be overcome. "With God all things are possible." The Silent Unity work is a work of love. Silent Unity makes no charge for its ministry, but is supported by love offerings, which it gratefully receives. The prayer department is at your service day and night. All requests for help (which are kept confidential) should be sent direct to

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In the February Number:

"WITHIN YOU IS THE HEALING POWER"

"STATION L-O-V-E BROADCASTING"

A New Double-page Poem:
"JESUS CHRIST IS RIGHT AT HAND"

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The February Number of
UNITY DAILY WORD
contains 28 special lessons on
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